

State of the Heart

Cardiovascular Disease in South Carolina



Burden of Disease:

- Nearly one million Americans die each year from cardiovascular disease (CVD), which includes heart disease, stroke, high blood pressure, congestive heart failure, and other diseases of the circulatory system.
- CVD is South Carolina's leading killer for both men and women among all racial and ethnic groups.
- During 2004, 12,597 South Carolinians died from cardiovascular disease – more than the total number of people who died from all cancers, pneumonia, influenza, and car accidents combined.
- Heart disease and stroke accounted for 86,417 hospitalizations in South Carolina during 2004, with a total hospitalization cost of more than \$2.8 billion.

Risk Factors for South Carolinians

Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- One out of every four adults in South Carolina smokes.
- Smoking contributes to 25 percent of heart disease each year.

Overweight

- Over 60 percent of South Carolina adults are overweight or obese.
- Being overweight contributes to 32 percent of heart disease deaths each year.

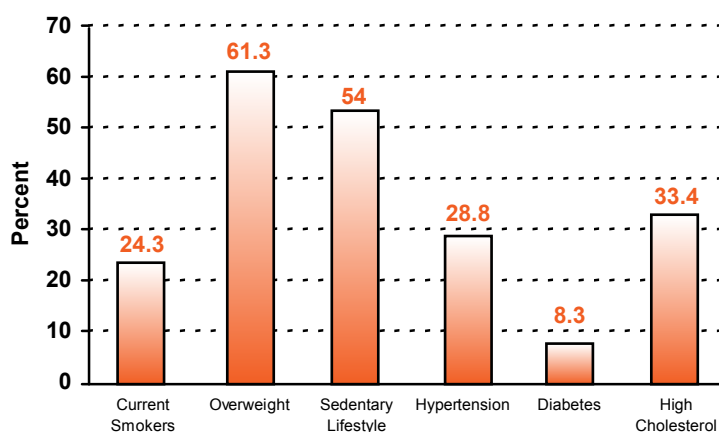
Sedentary Lifestyle

- Less active, less physically fit persons have a 30 to 50 percent greater risk of developing high blood pressure.
- Physical inactivity contributes to 27 percent of deaths from heart disease annually.
- Fifty-four percent of adults in South Carolina are irregularly active or inactive.
- Physical inactivity is more common among women than men in South Carolina.

Hypertension (High Blood Pressure)

- People with hypertension (high blood pressure) have three to four times the risk of developing heart disease than those without high blood pressure.
- High blood pressure contributes to 30 percent of heart disease deaths each year.
- One out of every four adults in South Carolina has high blood pressure (2003 data).

Prevalence of CVD Risk Factors*



*Data Source: South Carolina Behavioral Risk Factor Surveillance System 2004 Hypertension and High Cholesterol 2003 data

Diabetes

- Two-thirds of people with diabetes die of heart disease or stroke.
- Diabetes contributes to 13 percent of heart disease deaths each year.
- Nearly one out of every 12 South Carolina adults has diabetes.

High Cholesterol

- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- High cholesterol contributes to over 4,000 deaths from heart disease in South Carolina each year.
- High cholesterol affects 33 percent of South Carolina adults (2003 data).

Estimated Economic Cost of CVD in the United States in 2006
\$257.6 billion in direct costs (i.e., physicians, hospital, medications)
\$145.5 billion in indirect costs (i.e., loss in productivity)

Stroke in South Carolina



Burden of Disease for South Carolinians:

- Stroke is a leading cause of serious, long-term disability in the United States.
- South Carolina had the second highest stroke death rate in the nation in 2002 and is among a group of Southeastern states with high stroke death rates that is referred to as the “Stroke Belt.”
- Stroke is the third leading cause of death in South Carolina, resulting in 2,631 deaths during 2004.
- African-Americans are more than 40 percent more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in 14,215 hospitalizations in South Carolina during 2004.

Modifiable Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Poor eating habits
- Physical inactivity

How to Reduce Your Risk of Stroke:

- Get your blood pressure checked
- Stay active
- Eat a healthy diet
- Use less salt
- If you drink alcohol, drink in moderation
- Get your cholesterol level checked
- Stay smoke-free

WARNING SIGNS OF STROKE:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headaches with no known cause

Economic Cost of Stroke:

- Hospitalization costs of stroke totaled more than \$368 million in 2004 for South Carolina.
- The total cost of stroke in the United States for 2006 is estimated at \$57.9 billion (both direct and indirect costs).

For more information on cardiovascular disease prevention in South Carolina, please contact:

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